



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #486

A Step-by-Step Guide to Setting Yourself Up for Success in 2025

What if I told you the key to getting unstuck, finding consistency, and staying focused in 2025 doesn't require working harder— but rather using a system— **and it only takes one hour a month?**

Sounds too good to be true, right? But stick with me, because I'm about to show you exactly how it works with an action plan that's simple, actionable, and proven to deliver results.

In this "Success for the Athletic-Minded Man" episode, I'm pulling back the curtain on the systems and strategies I've used to coach Olympic medalists, high-performing professionals, and everyday people chasing big goals.

Here's the truth: success isn't about being superhuman— it's about having the right process, accountability, and small, consistent actions that keep you moving forward.

Listen as I share real stories, like how one client cut his workload by 20% while earning more, and how another balanced an Ivy League MBA, side hustles, and family life without losing his mind. These aren't just feel-good anecdotes— they're proof that this step-by-step approach works, no matter where you're starting from.

By the end, you'll have the exact roadmap to dominate 2025 even if you're crazy busy.

Don't wait for the stars to align. Your next step is simple: hit play and let's get to work!

Top Quotes From This Episode

"Success leaves clues."

"Life is busy, but if you don't have accountability, I don't care who you are, you're not operating at your highest level."

Show Notes

This episode touches on the following key topics and ideas:

- **Join the Goal Setting Work Session!** Make 2025 the year you finally break through! Create your plan for clarity, focus, and consistency. Join here: JimHarshawJr.com/GSWS
- **Why Success Requires Infrastructure and Process (6:47):** I learned firsthand during my wrestling career that success wasn't just raw effort— it was built on a system:
 - **Defining Goals:** My coaches helped me map out my objectives every season.
 - **Environment of Excellence:** I was surrounded by people doing hard things, pushing me to grow.
 - **Accountability:** Structured schedules for practice, matches, and meetings kept me on track.
- **Now Is the Time to Take Action (9:41):** Life is busy and it always will be. There's always an excuse not to take action. But here's the thing— do you want to stumble into the new year or blast into it ready to crush your goals? Taking one hour to plan your year can be the difference between floundering and thriving.

Where to Start?

1. **Take the First Step (7:45):** Check out my *Seven Days to Clarity* course at JimHarshawJr.com/FREE. It's a step-by-step guide to kickstart your journey.
2. **You Need a Structure (12:56):** Without a system, life gets in the way. In sports, everything is scheduled—practices, games, team lifts. That structure ensures progress. You need a similar system to keep you moving forward. Whether it's a regular check-in with yourself or a coach, having a plan is non-negotiable if you want to succeed.
3. **Don't Rely on Willpower Alone (14:13):** Without external accountability, you're more likely to drift back to your default habits. That's why athletes rely on coaches, teammates, and academic advisors. You need someone who's invested in your success to keep you on track.
4. **Use Tools (15:17):** I provide my clients with a color-coded goal-setting tool that makes it easy to track progress, see what's working, and adjust when needed. Clarity comes from measurement.
5. **Know Your "Why" (16:15):** Without a clear "why," you'll struggle to stay motivated. Why do you want that promotion, better health, or stronger relationships?

6. **The Productive Pause (18:22)**: Take 4-5 hours to reflect on the past year and plan for the next. Here's a quick tip: scroll through your photos, social media, or calendar from the past year. Celebrate your wins, learn from challenges, and use that reflection to fuel your vision for 2025.
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